

Empowering relationships...



MARCH 2020  
The Redwood Empire  
**Therapist**

OUR MARCH MEETING

**Psychedelic-Assisted Psychotherapy-The New Frontier: A Highly Effective Treatment for Depression, Anxiety, PTSD, Suicidality, and End-of-Life Existential Angst**

**Christina Ingenito, LCSW & Jim Matto-Shepard, PhD**

Psychedelic-assisted psychotherapy consistently shows remarkable and dramatic results from the serious psychological distresses of treatment-resistant depression, anxiety, PTSD, and end-of-life existential angst. Clients and clinical trial participants describe these experiences as one of the most spiritual of their lives. Increased compassion and empathy have also been consistently reported. Many voices of vision recognize these treatments as the most significant advancements in psychiatry and psychology in decades.

Attendees will gain a basic understanding of the protocol and effectiveness of ketamine-assisted psychotherapy (KAP), and understand the differences between KAP, ketamine infusions, and the new esketamine medication by Johnson & Johnson. They will understand the protocol of FDA-approved clinical trials utilizing MDMA-assisted psychotherapy, and have a clear understanding of the consistent and dramatic results of these trials. And they will also understand the importance of “set and setting” in the psychedelic-assisted psychotherapy model and the non-directive clinical approach to the work.

**March 6th, 2020 – RECAMFT Meeting**

**10:30 – 11:00 social & sign in**  
**11:30 – 1:00 meeting**

**Psychedelic-Assisted Psychotherapy-The New Frontier:  
A Highly Effective Treatment for Depression, Anxiety,  
PTSD, Suicidality, and End-of-Life Existential Angst**

**Christina Ingenito, LCSW & Jim Matto-Shepard, PhD.**

**ODDFELLOWS TEMPLE/MERCER HALL, 545 PACIFIC AVENUE, SANTA ROSA**

***IF THE PARKING LOT IS FULL, YOU WILL FIND LOCAL LONG TERM  
PARKING ON THE STREETS ON THE SOUTH SIDE OF PACIFIC AVENUE.***

**April 3, 2020 9:30 – 2:00 NOTE 4 CEUs**

**The Changing World of Insurance: What Every Therapist Should Know  
Barbara Griswold, LMFT**

**LONGER MEETING! BE SURE TO PLAN AHEAD!**

**1.5 CEUs AVAILABLE – RECAMFT CEU PROVIDER IMIS 57173  
Save Time – Pre-Register at [www.recamft.org](http://www.recamft.org)**

**MEETINGS ARE OPEN TO ALL ~ NON-MEMBERS FREE (\$15 FOR CEUS)**

Our speakers will provide an embodied experience of psychedelic-assisted psychotherapy by sharing Christina’s personal experience as a participant in an MDMA research study, thus grounding the presentation in the palpable reality of the potent, healing effects of this treatment. Discussion will include currently available psychedelic-assisted psychotherapy treatments; highlight the importance of “set and setting;” and share what’s coming soon through the FDA MDMA Expanded Access program. They will also talk about their work as founders of the first psychedelic-assisted psychotherapy clinic in Sonoma County - the Northern California Center for Integrative Psychotherapy in Petaluma.



[Christina Ingenito, LCSW](#) is a transpersonal and somatic psychotherapist with a private practice in Petaluma. She has been an LCSW since 1986, has done hospice work for over 25 years; and she facilitates a restorative justice group for men serving life in prison at San Quentin. She works at the intersection of mystery, social justice, and empowerment.

[Jim Matto-Shepard, PhD](#) is a licensed psychologist with specializations in somatic, couples and group psychotherapy. He was licensed in 1997. He is also a certified conscious dance (Soul Motion) teacher. Jim is passionate about authenticity in relationship and has been immersed in ritual and meditation since 1978.



Both Christina and Jim are certified in ketamine-assisted psychotherapy and are recent graduates of the CIIS Certificate in Psychedelic Therapies and Research Program. Along with two colleagues, they have founded and opened the first psychedelic-assisted psychotherapy clinic in Sonoma County — the Northern California Center for Integrative Psychotherapy in Petaluma.

**RECAMFT is now accepting applications for our monthly trainings for 2020-2021. You can complete an application by visiting our website and clicking the news and events tab on the top of the page.**

*What Else is in Here This Month?  
Check It Out*

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**President’s Message**  
Tara D’Orazio , LMFT



***Being the Change***

This weekend I will be headed to my second year attending the CAMFT **Chapter Leadership Conference** where board members from chapters across the state attend a full day of networking and break-out sessions focused on such

subjects as volunteerism, diversity, and developing leadership skills. Last year I enjoyed meeting the other leadership circles and sharing ideas about different benefits and services provided to and by their memberships. We were able to share how wonderful our **Membership Summer Picnic** has been for connecting casually with colleagues during the off-season months.

But my favorite part was meeting the leadership teams of our neighboring chapters and wildly brainstorming on collaborative events we wanted to see happen.

One of the most difficult aspects of being a board member has been generating so many awesome ideas we want to bring to life but having not enough humanpower to move all of them forward. I love that our members have been bringing their own passion projects to the monthly board meetings and accelerating changes that would otherwise stagnate under the lack of resources to bring them together. The efforts of **Wowlvenn Seward-Katzmiller** brought about the **Climate Change Resolution**, which you passed last month and which was sent to CAMFT to ‘call on them to pass climate action resolutions and request their respective congressional representative to end climate crisis denial and neglect.’ Many others have continued to provide feedback on the intersection of climate change and waste management at RECAMFT events. These ongoing conversations have ensured that the board is considerably discussing sustainability at each meeting in regard to what is provided at events.

There are many, many projects that the board would like to see fulfilled but we need more help! Not every project requires attending monthly meetings and many can be worked at on your own time. For example, one of my favorite projects in the works right now is a **Library page** for our website where we would like to showcase field-related written works by our members! Have you written a book? Please let us know by emailing at [therapy@recamft.org](mailto:therapy@recamft.org). We will also need volunteers to write book reviews!

Our volunteers really are amazing. This month was our big **Law and Ethics** event with David Jensen, and in the late evening before the event I was hit hard by a bad bug that forced me to stay home. With only hours of notice, **Kira Kayler, President Elect**, stepped up to take over the responsibilities of facilitating the event. And while I was being hard on myself for missing the big day, the board team was so kindly encouraging me to take care of myself and rest and assuaged my guilt. Winter is a time for cancellations due to sickness, whether it’s us or our clients. It’s easy to feel guilty about taking time for ourselves, even when it’s obvious that we need to. I once heard that **taking breaks when you need to is one of the most productive things you can do**. You avoid burn out and pushing your body past its limits. I like to remember

that when I’m home ill or tired and need rest but feel guilty for “not being productive.” So this is just a little reminder that rest is productive.

Be good to yourself. Be kind to others. Have a great day.

Tara D’Orazio

*Tara D’Orazio has a private practice in Santa Rosa and can be reached at 707-992-5008 or [Tara@AthenaCounseling.com](mailto:Tara@AthenaCounseling.com)*



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# *What You Missed*

## *By Gina Culver*

At our February 7, 2020 meeting, the topic presented was “Understanding How Military Service Affects Families” by John Schempf, LMFT. John retired in 2010 from the U.S. Coast Guard, after serving over 20 years, and currently is a Work-Life Family Advocacy Specialist for the U.S. Coast Guard. He also is a scout leader with Boy Scouts of America and has served in many roles as a youth mentor. In his role as a therapist, John joined HOPE in 2010, where he still works, and has been a drug and alcohol counselor for over 20 years.



John shared the history of the Coast Guard, military services and some of the obstacles we, as clinicians, may face treating both active duty personnel and veterans. He informed us that an understanding of military culture as well as the related stigma of mental health is key in

building rapport with military clients. John identified some challenges our active duty military personnel face are “transferring to civilian life, moving every few years, new job duties each move, and loss of family, especially when deployed.” Additionally, he said that military culture breeds its members to be “codependent” in that they are told “when to get up, where to be, what to eat, and what to do.” Another challenge military personnel face upon retirement is that they have been “defined by their job” and now not only are transitioning to civilian life, but also are no longer in charge.

John also discussed how there are different abuse dynamics in the military: “officer versus enlisted” and within their personal relationships. He shared the “military power and control wheel” (found at <http://www.ncdsv.org/images/MilitarycontrolwheelNO SHADING.pdf>). John shared some of the factors military culture breeds that contribute to these dynamics: “hypermasculinity, hero complex, low self-esteem, codependency, controlling type A personality, and men at their core feeling “I’m not good enough.” Additionally,

he pointed out that the “military extends traditional masculine norms” as well as that military individuals overall have higher ACES scores.

John described the military as a “unique culture group,” where “culture competency relates to the various branches.” This, in turn, can play a part in both active duty and veterans being resistant to therapy. Some of the reasons are that active duty personnel can be “discharged for certain diagnoses” and the lack of understanding of the way the military itself functions.

Within the military culture, there is also a distinct military family culture. The partners and children of active duty are subject to certain levels of decorum, even if they themselves are not enlisted or officers. John identified some issues leading to personnel requiring or seeking therapy: high suicide rate, higher divorce rate, domestic violence and child abuse, substance abuse (“self-treatment”), and sexual assault.



“MILITARY BRATS” TABLE

John identified ways for military personnel to comfortably access services: “stress reduction, prevention, intervention, confidentiality, providing resources.” As a whole, based on clinical scenarios John provided, we discussed ways to build rapport and be able to provide treatment to both military individuals and couples. John suggested to explain confidentiality clearly to new clients so they clearly understand what is and is not confidential, what is reportable, and how to build rapport. Some of the suggestions to build rapport included providing psychoeducation to clients based on why they came in or were referred, normalizing emotional regulation issues, using CBT and DBT to improve distress tolerance, and using a “seminar” approach before delving into deeper topics.

John answered questions and shared a lot of very helpful information that can assist us as clinicians to be culturally competent, build rapport with military clientele, and assuage certain fears that our clients may have.



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**03/20/2020**  
12:00 PM - 1:30 PM

Odd Fellows Hall, 545 Pacific Ave., Santa Rosa  
Registration **REQUIRED** at website: [RECAMFT.org](http://RECAMFT.org)  
RECAMFT members only

Empowering relationships...



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